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# pantry patter

Timely Topics for the Food Page Editor

May 5, 1947

## BEST FRESH FOOD BUYS

Grapefruit is this week's best fresh fruit buy at key southwest markets, according to U. S. Department of Agriculture's Production and Marketing Administration. Oranges continue to be a fair choice.

Best vegetable buys are new and old Irish potatoes, onions, cabbage and carrots. Spinach and locally produced mustard, turnips and radishes are in the reasonably-priced group with plenty available at most markets. White and yellow squash are good selections at several points.

Moderate supplies of sweetpotatoes are still available from the 1946 crop.

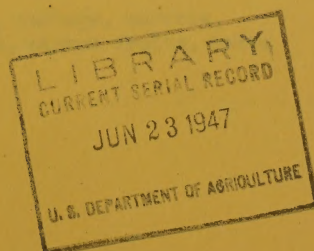
### "Best buys" at key markets

ARKANSAS: Jonesboro.....cabbage, carrots, Irish potatoes, onions, oranges, grapefruit

Little Rock.....cabbage, spinach, onions, Irish potatoes, oranges, grapefruit

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Pine Bluff.....Irish potatoes, carrots, grapefruit

Texarkana.....Irish potatoes, onions, cabbage,  
grapefruit, oranges

COLORADO: Denver.....C-grade apples, grapefruit, small oranges,  
cabbage, topped carrots, green onions,  
rhubarb, spinach, sweetpotatoes

MISSOURI: Kansas City.....beets, cabbage, sweetpotatoes,  
grapefruit, homegrown asparagus,  
rhubarb, spinach

KANSAS: Manhattan.....oranges, new Irish potatoes, cabbage,  
grapefruit, celery, lettuce

LOUISIANA: Baton Rouge.....lettuce, celery, grapefruit, Irish  
potatoes, onions, cabbage, carrots

New Orleans.....onions, cabbage, white grapefruit

OKLAHOMA: Ardmore.....Irish potatoes, dry onions, fresh  
strawberries, mustard greens, turnips,  
spinach, oranges, grapefruit, celery,  
tomatoes, eggplant

Enid.....oranges, Irish potatoes, radishes,  
carrots, grapefruit, asparagus, celery,  
cabbage

TEXAS: Amarillo.....grapefruit, Irish potatoes, onions,  
radishes, asparagus, cabbage, oranges,  
squash, carrots

Austin.....carrots, squash, cabbage, radishes,  
beets, onions, rutabagas, spinach,  
turnip greens, white grapefruit, lemons,  
Irish potatoes

Dallas.....grapefruit, oranges, Irish potatoes,  
onions, cabbage, carrots, local greens

Fort Worth.....bunched greens, spinach, carrots,  
green onions, grapefruit, oranges

Houston.....Irish potatoes, cabbage, carrots,  
onions, spinach, citrus fruits, beets





#### BACKGROUND ON PEAS

Canned peas on the list of plentiful foods for May call to mind last year's all-time record production of peas for canning and freezing. This resulted in the largest pack of canned peas we've ever had--more than 41 million cases counting 24 No. 2 cans to the case. The previous record pack in 1945 failed by 1,400,000 cases to reach the 1946 total.

In the face of this unusually large supply, food handlers report a falling off in demand during the past season. Requirements for the armed services have been much less, and movement into retail channels through February 1 was down about 3-1/2 million cases compared with last year. This left more than 22 million cases of canned peas in the hands of packers and wholesale distributors on that date.

Food handlers say the amount of canned peas sold since February will not prevent an unusually large carryover this season unless consumption is stepped up greatly between now and the time the new pack is picked.

These figures refer to canned peas of all grades, but grade C or standard peas are the most plentiful. Peas of this grade are especially suitable for use in salads, soups or stews, or they may be creamed with other foods such as tuna fish, salmon, dried beef, eggs and the like.

USDA's nutritionists say standard peas are about the same in food value as those of the higher grades. When offered at a lower price they are an economical source of good eating.

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#### TOMATO JUICE NOTES

Here's the background on the present plentiful supply of canned tomato juice.

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More tomatoes were canned as juice in 1946 than were packed in any other way. The record 1946 pack of nearly 29 million cases was nearly a million cases larger than the previous record established in 1944. Stocks of packers, wholesale distributors and warehouses of retail food chains on February 1 were slightly more than 17 million cases or over 1-1/4 million cases larger than the average for the years 1943-45.

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#### MEAT SUPPLY

We've eaten a lot of meat so far in 1947 and indications are we'll have plenty for the remainder of the year.

Records of U. S. Department of Agriculture's Bureau of Agricultural Economics indicate per capita consumption the first quarter was probably the highest for that period in at least 35 years.

The supply of meat promises to be larger until the end of 1947 than in the same period of 1946. But the demand is so great officials say there probably won't be enough meat to cause prices to decline materially unless consumers' incomes fall from current high levels.

Beef and veal will provide a larger than usual proportion of the meat supply for the remainder of the year. Total production of these two classes for 1947 probably will be 45 to 50 percent greater than the 1937-41 average of 8.2 billion pounds.

Pork production for 1947 is down, but each person should have about as much as last year because exports are materially less and more of the total supply is available to civilians. However, pork is expected to be relatively less plentiful during the third quarter of the year than in either the second or fourth quarter.

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Overall supplies of lamb and mutton in 1947 may be as much as 20 percent below 1946 because of the smaller lamb crop and smaller ewe slaughter in prospect.

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#### KRAUT NEWS

Homemakers should find plenty of sauerkraut on grocers' shelves during May, and the price should be reasonable in relation to other food costs. Here's why.

Farmers set a new record in production of cabbage for kraut last year. They grew about 264,000 tons, which was more than 31,000 tons above the previous high in 1945.

This much cabbage made a lot of kraut. In spite of the continuing shortage of tin for cans, the 1946-47 canned pack of sauerkraut is expected to approach closely the previous record output. On February 1 packers and wholesalers had half again as much canned sauerkraut as was on hand a year earlier.

In addition to the kraut put up in cans, a lot was stored in bulk this season. About twice as much as the normal amount was on hand in processors' tanks on February 1 this year. Much of this kraut is still available.

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#### COTTAGE CHEESE IDEAS

Cottage cheese becomes more plentiful with the seasonal increase in milk production, and the price is expected to be reasonable in comparison with other protein foods.

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This provides an ideal solution to the salad problem in spring meal planning. Cottage cheese with its flaky white color and delicate flavor combines tastily with onions, chopped chives, olives, parsley, celery, cucumbers, pimentos, green peppers, tomatoes, carrots and many other vegetables. It also goes well with fruits, especially canned peaches, pears or pineapple.

And the protein value of cottage cheese is such that these combinations can easily form the main dish for lunch or dinner menus.

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May 12, 1947

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Timely Topics for the Food Page Editor

## BEST FRESH FOOD BUYS

Onions are the best vegetable buy at key southwest markets this week, according to U. S. Department of Agriculture's Production and Marketing Administration. Irish potatoes fall in second place, cabbage third and carrots fourth. Most grocers also have good supplies of locally produced spinach, mustard and turnip greens, radishes and the like.

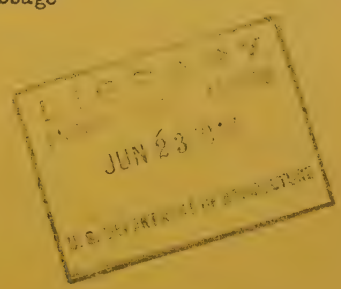
Citrus is still the first fruit choice, with grapefruit a little more popular than oranges.

### "Best buys" at key markets

- ARKANSAS:     Little Rock.....spinach, onions, cabbage, grapefruit, oranges
- Pine Bluff.....spinach, onions, cabbage, carrots, oranges
- COLORADO:    Denver.....C-grade apples, white grapefruit, small oranges, homegrown asparagus, spinach, rhubarb, parsnips, old crop white potatoes, sweetpotatoes, cabbage

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KANSAS:           Manhattan.....Irish potatoes, lettuce, oranges, grapefruit,  
celery, cabbage

MISSOURI:        Kansas City.....homegrown asparagus, spinach, rhubarb, kale,  
radishes, green onions, Texas beets, cabbage,  
grapefruit

LOUISIANA:       Baton Rouge.....Irish potatoes, cabbage, strawberries,  
grapefruit, oranges, carrots

New Orleans.....carrots, white grapefruit, large oranges,  
onions

NEW MEXICO:      Alamogordo.....squash, Irish potatoes, onions, carrots,  
broccoli, radishes

Gallup.....Irish potatoes, bananas, apples

OKLAHOMA:        Ada.....squash, green onions, oranges, grapefruit,  
Irish potatoes, radishes, lettuce, apples

Enid.....Irish potatoes, lettuce, green onions,  
celery, radishes, grapefruit, asparagus,  
carrots

Lawton.....Irish potatoes, radishes, green peppers,  
cauliflower, beets, lettuce, spinach,  
cabbage, turnips, carrots, rhubarb, apples,  
oranges, lemons, grapefruit

Oklahoma City....apples, cabbage, cauliflower, grapefruit,  
lettuce, green onions, oranges, Irish  
potatoes, spinach, tomatoes

TEXAS:           Amarillo.....Irish potatoes, onions, radishes, asparagus,  
grapefruit, oranges, cabbage, squash, green  
onions

Austin.....white and yellow onions, carrots, cabbage,  
spinach, beets, white and yellow squash,  
Irish potatoes, grapefruit, green onions,  
radishes, lemons, mustard and turnip greens

Dallas.....oranges, grapefruit, celery, Irish potatoes,  
spinach, carrots, local greens, onions,  
lemons

Fort Worth.....cabbage, onions, spinach, grapefruit, oranges

Houston.....Irish potatoes, cabbage, carrots, onions,  
spinach, citrus fruits, beets



### HOW MUCH FOR SUGAR?

Homemakers need to know two things in order to figure out exactly what the ceiling price for sugar is in any store in their community under the new dollar-and-cent pricing system. These two things are:

- (1) The "group" the store is in.
- (2) The price that applies to each group of stores in the community.

It's easy to know the "group" any particular store is in because stores will continue to post the group number to which they belong. Group 1 stores are independent groceries with gross sales of less than \$50,000 a year. Group 2 stores are independents, grossing up to \$250,000 a year.

Larger independents and chains will continue to figure their own prices on the basis of cost plus percentage mark-ups. However, in no case may their prices exceed the ceiling set for small independent grocers in their same area.

Stores are not required to post price schedules but homemakers can find out the ceiling for any store by calling the nearest Sugar Rationing Administration office. This information also may be obtained from the County Agricultural Conservation Association office or the County Agricultural Agent.

Location of Sugar Rationing Administration offices is usually the same as for the old OPA offices which handled sugar rationing and pricing before these activities were transferred to the Department of Agriculture.

Homemakers may call these offices, too, for information about which sugar stamps are good. At the present time, Spare Stamp No. 11 in Ration Book 4 is good for 10 pounds. Regular allotments must cover both home and canning needs this year as no special stamp for sugar is expected to be validated.

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NOTE TO FOOD EDITOR: The attached schedule showing ceiling prices on sugar by community pricing areas and store groups together with a list of Sugar Rationing Administration offices has been prepared especially for your convenience.

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#### STRAWBERRY TIME

Strawberries are now available from producing areas in Louisiana, Arkansas and Texas and the increased supply has caused prices to go down some. However, the season is quite late and the berries still are pretty much in the luxury class when it comes to cost compared with other fresh foods.

Nevertheless, it's strawberry shortcake time, and a few tips from USDA's nutritionists may help homemakers make the berries they buy go further.

The first point is not to buy more than can be used at one time because strawberries spoil very quickly. Any berries that show signs of softening or mold should be removed from a lot that is to be kept overnight. Good berries may be placed in a colander or other ventilated container and kept in a cool place.

Strawberries should never be washed until just before they're used. Food specialists rinse them with the greatest of care, a few at a time in a pan of water, lifting the berries out carefully with the fingers. Berries lose their color and flavor if they remain in the water very long.

It's very important to let the green caps stay on strawberries until after they're washed.

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#### THE CANNED GOODS SHELF

Homemakers should find good supplies of canned beets and canned carrots on grocer's shelves at the present time. Stocks are reported to be much larger than a year ago.

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Canning of these two popular vegetables was increased during the war to more than double the prewar average. Most of the increase, of course, was to meet needs of the armed forces. The 1946-47 pack went down but demand also dropped, leaving the present plentiful supply to move between now and the time the new crop supply hits the market.

Prices of both canned carrots and canned beets are lower now than they were at the beginning of the pack last fall. This puts two meal planning time-savers in the budget bracket.

Canned carrots or canned beets may be served alone or in combinations with other canned or fresh vegetables. USDA's food specialists say they go especially well in gelatin to make attractive salads to pep up summer menus with appetite appeal and nutrition.

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#### LEMON-ADE AND SANDWICHES

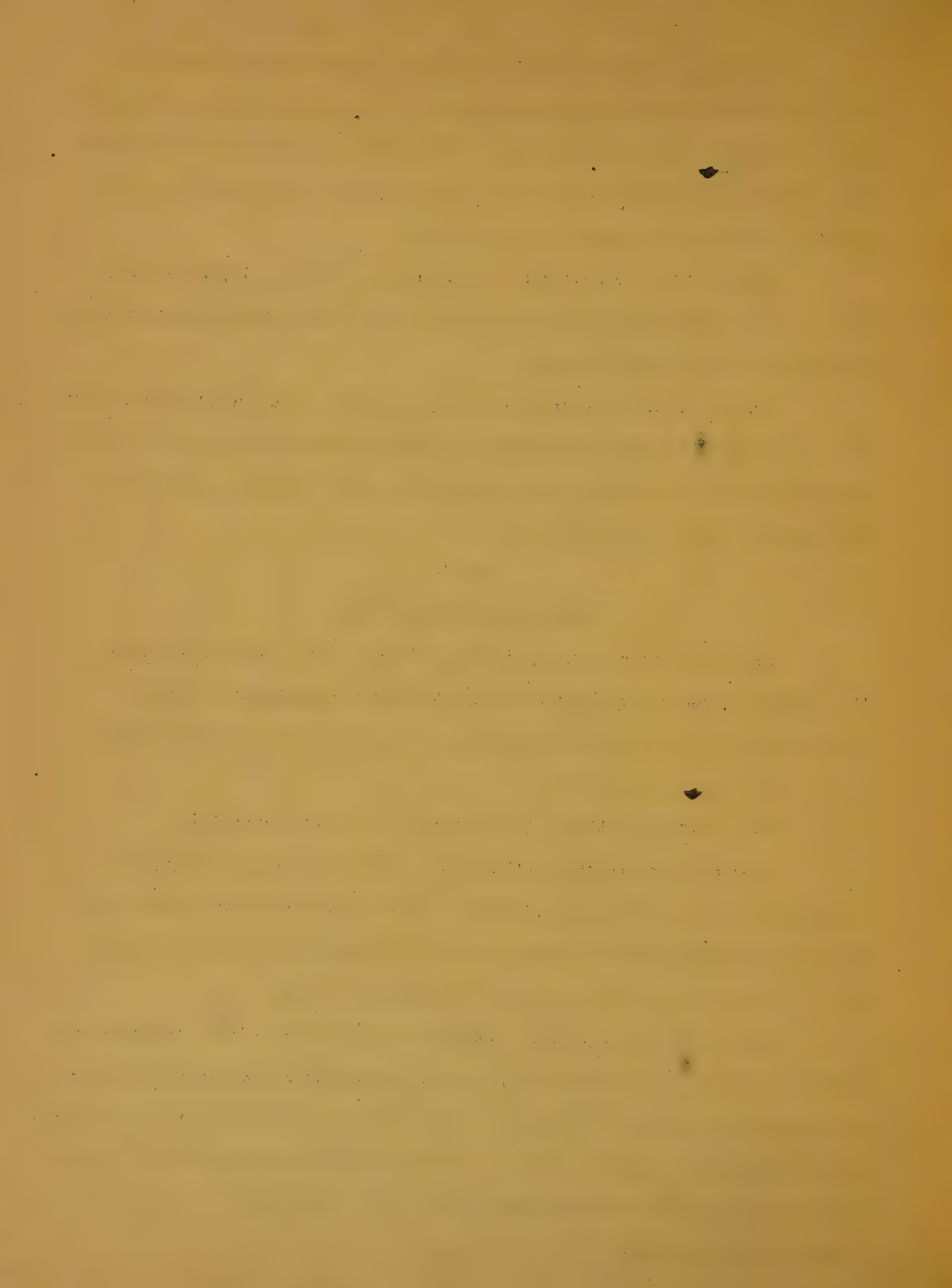
Summery weather with its dulling effect on the appetite provides the incentive to serve cooling beverages and tasty sandwiches for many a lunch or informal supper--to say nothing of picnics planned for food enjoyment as well as social pleasure.

This year the makings of this type of meal are plentiful.

Food handlers in the Southwest say lemons are in good supply at reasonable prices. That means plenty of lemon-ade for those who prefer its flavorful goodness above all other summer beverages, and plenty of lemons also to serve with iced tea and other refreshing drinks.

Some of the most popular sandwiches to accompany either lemon-ade or iced tea are made of peanut butter, another high-ranking item among the currently plentiful foods. It's still a very good buy even though prices have gone up a little in the last six months. The cost figured in terms of food value is especially reasonable because peanut butter has a high content of protein and energy-giving nutrients.

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Besides the plain peanut butter sandwich, there are many combinations to choose from. Most folks like peanut butter better with something crisp, sweet or sour. Chopped carrot or chopped onion gives a crisp texture to the sandwich. Chopped dried fruits such as raisins, dates and prunes blend well with peanut butter. So do jelly, jam and honey. Catsup, chili sauce, salad dressing or chopped pickles add a zestful tart note.

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#### MEAT REPORT

Meat produced under Federal inspection during the week ended May 3 totaled 318 million pounds. According to U. S. Department of Agriculture's Production and Marketing Administration, this was seven percent above the 296 million pounds produced during the preceding week and 18 percent above the 270 million pounds a year ago.

The week's total included 159 million pounds beef, 13.6 million pounds veal, 130 million pounds pork and 15 million pounds lamb and mutton.

Lard production totaled 33.6 million pounds compared with 32.4 million in the preceding week and 28 million a year ago.

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May 19, 1947

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Timely Topics for the Food Page Editor

## BEST FRESH FOOD BUYS

Onions, grapefruit and carrots lead the list of best fresh food buys this week at key markets in the southwest, U. S. Department of Agriculture's Production and Marketing Administration reports.

Other seasonally abundant foods included Irish potatoes, spinach, cabbage, corn, greens, asparagus and green beans.

### "Best buys" at key markets

ARKANSAS: Fort Smith.....onions, spinach, turnip greens, oranges, grapefruit

Jonesboro.....carrots, Irish potatoes, strawberries

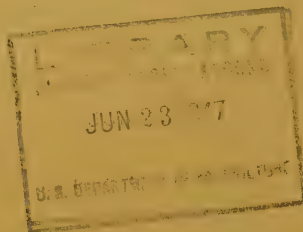
Little Rock.....onions, carrots, fresh spinach, oranges, grapefruit

Pine Bluff.....onions, carrots, fresh spinach, oranges, grapefruit

Texarkana.....Irish potatoes, turnip greens, onions, carrots

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COLORADO: Denver.....C-grade apples, white grapefruit, oranges,  
carrots, green corn, Texas onions, peas,  
new Irish potatoes, rhubarb, spinach

KANSAS: Manhattan.....beets, cabbage, homegrown asparagus, rhubarb,  
spinach, citrus fruits

MISSOURI: Kansas City.....asparagus, radishes, rhubarb, kale, cauliflower,  
Texas onions, beets, sweetpotatoes, sweet corn,  
snap beans

LOUISIANA: Baton Rouge.....Irish potatoes, snap beans, cabbage, carrots,  
grapefruit, lemons, oranges

New Orleans.....onions, cauliflower

NEW MEXICO: Alamogordo.....Irish potatoes, onions, carrots, radishes,  
celery, cabbage

Gallup.....Irish potatoes, onions, oranges

OKLAHOMA: Ada.....green onions, cabbage, carrots, spinach,  
strawberries, Irish potatoes, radishes,  
grapefruit

Ardmore.....strawberries, new Irish potatoes, cabbage,  
citrus fruits, green corn, tomatoes

Enid.....tomatoes, carrots, asparagus, Irish potatoes,  
lettuce, cabbage, radishes, onions

Oklahoma City.....asparagus, green beans, carrots, celery, green  
corn, lemons, onions, oranges, Irish potatoes,  
squash, spinach

TEXAS: Austin.....yellow onions, carrots, green beans, beets,  
new Irish potatoes, grapefruit, radishes,  
lemons, spinach, white squash

Dallas.....strawberries, citrus fruits, onions, green  
corn, blackeyed peas, local greens

Fort Worth.....bunched greens, spinach, onions, squash, green  
corn, grapefruit, oranges

Houston.....Irish potatoes, cabbage, carrots, onions,  
spinach, Texas citrus, celery





### NEW COATING FOR FOODS

Homemakers in the near future may be buying more of their foods already packaged in protective coating. Scientists in one of USDA's Research Laboratories recently developed this new film and have been using it for sausage and other meat and food products.

It is of good strength but tender enough to dissolve when foods are boiled. Or it can be eaten right along with meat that is fried or roasted. The new food covering is made from waste products, particularly citrus peel and other fruit and vegetable wastes, and offers definite possibilities as a coating material for a number of foods, including fruits and vegetables.

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### COTTAGE CHEESE SAUCE

Cottage cheese still on the abundant food list serves as the base of a new sauce a bit out of the ordinary which is delicious served with tuna or salmon and boiled or baked potatoes. It also is good poured over buttered toast.

According to Food Specialists of the U. S. Department of Agriculture, the ingredients are:

2 cups milk	8 young onions
2 tablespoons cornstarch	1-1/2 teaspoons salt
1/2 cup cottage cheese	1/8 teaspoon each of paprika and curry powder

Heat the milk in the top of a double boiler. Mix cornstarch in a small amount of cold milk and add to that in the double boiler, stirring constantly. Chop the onions fine, including some of the green tops and add these, together with the cottage cheese to the sauce. Add seasonings last.

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## RAISIN NEWS

Soaking raisins in hot water makes them extra plump and juicy for use in a fruit cup or salad, according to cookery experts of the U. S. Department of Agriculture.

Their sweetness and flavor spread farther in cakes and breads when they're chopped. They also have less tendency to sink when prepared in this manner. Food specialists recommend scissors dipped in hot water for chopping. Dusting them with part of the sifted dry ingredients helps buoy them up during baking.

Once a package is opened, the raisins should be transferred to a tightly covered jar or tin. This keeps them from drying out and becoming hard and during warm humid weather keeps them from absorbing moisture. It also prevents molding.

Most of the stocks on grocer's shelves are sun-dried Thompson seedless, generally preferred by homemakers for fruit cups, salads, sauces and for baking.

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## JUNE PLENTIFULS

Canned foods get top billing in the June list of plentiful foods, U. S. Department of Agriculture's Production and Marketing Administration reports.

Included are carrots, beets, peas, standard grade tomato juice, citrus fruits, grapefruit segments and sauerkraut, both in cans and bulk. Dried peaches and prunes, especially the smaller sizes, peanut butter, cottage cheese, potatoes, fresh oranges and grapefruit also are plentiful in most parts of the country.

While frozen foods aren't on the plentiful list, they are available in much larger supply than in recent years, especially spinach and peas. Prices also have been reduced considerably.

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## CHEESE COOKERY

Cookery scientists of the U. S. Department of Agriculture say there are three important rules homemakers should follow for best results when cooking with cheese. First, "go easy on the heat". High heat and too long cooking makes it tough, stringy and leathery. Also high heat often causes curdling in mixtures of cheese, egg and milk.

When cooking on top the stove, cook over water - a double boiler for instance - and when cooking in the oven, turn the heat low.

Second, add cheese to other ingredients in small bits instead of in one large piece. Bits of cheese spread more evenly among other ingredients, do not form a lump of curd when the fat melts and cook in a shorter time. Fairly dry cheese may be grated and soft cheese shaved thin, flaked with a fork, run through a sieve or meat grinder.

Third, blend cheese in a smooth sauce before adding to other ingredients, whenever possible. A white sauce with cheese melted in it may be poured over cooked vegetables for a scallop, into beaten eggs for Welsh rabbit or on macaroni for baking.

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## MEAT OUTPUT

Meat produced under federal inspection last week totaled 301 million pounds, according to U. S. Department of Agriculture. This is five percent below 318 million pounds produced the week before but 17 percent above 256 million pounds recorded last year.

Beef production totaled 152 million pounds, veal, 13.7 million, pork, 121 million and lamb and mutton, 15 million pounds.

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